

# A City In A Park

January 2016

## Director's Message

3...2...1...Happy New Year!

As this newsletter goes out on this second week of 2016, I trust you are refreshed (and recuperated!) from the holidays. Our department and staff are excited to welcome this new year and are going in full-steam ahead to make it a great one.

### Did you know?

- Our MacArthur Museum of Arkansas Military History is open 7 days a week with free admission!
- Our Little Rock Marathon Training Program is free and available to all levels of running experience.

Did you make any New Year's resolutions? Perhaps it's to spend more time with your family, eat healthier, get your finances back in order. We all have areas we can improve on. If your resolutions include improving your physical fitness don't forget how much we have to offer through Little Rock Parks and Recreation! Our Jim Dailey Fitness & Aquatic Center is equipped and ready for our returning members, new members and guests! An indoor lap pool insures you can work on your backstroke no matter what it feels like outside! The hot tub and sauna feel great during the winter too. Our basketball gym is one of the best in the metro if you're looking for indoor hoops! If you're looking to step it up with Zumba, boot camp or step aerobics...there's a class and helpful, professional instructors for you not only at JDFAC but also our Dunbar, Stephens and Southwest Community Centers. Find your fit today.

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It's hard to believe but the Little Rock Marathon is now less than two months away. Registration is filling up quickly but there's still time to get in! This year's theme is Game On! And it's sure to be another fun-filled and exciting weekend. Mark your calendars for March 5-6. With lots of great and exciting things on the horizon this year, I look forward to sharing our stories, challenges and successes with you: our friends, our supporters. Thank you for your continued support and here's warm wishes for the best in 2016.

Truman Tolefree



## A Very Merry Christmas

Santa, The Grinch, Sugar Plumb Fairies and reindeer were a few of the characters on stage during the Therapeutic Recreation Division's "It's a Very Merry Christmas" Program. The cast was made up of performers from the Adult Branch Out program and included Christmas Carols, poems, and a performance of "Twas the Night Before Christmas." This 3rd annual event was held for family and friends on December 18<sup>th</sup> at Geyer Springs Baptist Church. There were approximately 75 people in attendance. The entire program was planned and put together by the participants. Guests shared the holiday joy by bringing donations for the Little Rock Animal Village, too. The TR Division received rave review from parents who said "It was perfect. Everyone did awesome!" and "Thank you LRPTR leaders for another job well done... Thank you every day for all you do for our young adults." The video is available on the Little Rock Parks & Recreation Youtube channel.



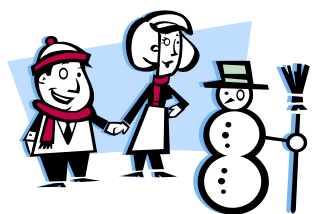
## Christmas in the Park



26 two-person teams played in our annual Christmas in the Park Golf Scramble/Four Ball at War Memorial Golf Course. This weather was pleasant for the beginning of December and players promoted the holiday spirit by bringing toys for Toys for Tots. Jay Lester & Kirby Webb were the top finishers this year and everyone had a great time. Thanks to all who came to play and congrats to our winners!



## Brrrrrrrrrr!



Ready or not, Old Man Winter is here! A few tips will help you enjoy this time of year a little bit more!

1. Be prepared with space heaters, firewood, extra blankets and candles. Make sure you have plenty of non-perishable food items
2. Be aware! Watch the weather forecasts and check on your elderly neighbors and friends. Know where emergency warming shelters will be (for yourself or others)
3. Be smart. Drink plenty of warm fluids, layer on clothing, drive slowly and cautiously if you do need to get on the roads in icy conditions.



## Ballin' for the Foodbank

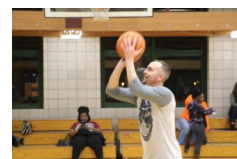
Our faculty and staff at the Jim Dailey Fitness & Aquatic Center took their holiday spirits and basketball skills to the courts last month to help the gather items for the Arkansas Foodbank.

The "Dailey Globetrotters" took on the "Shorty Shorts" in a fun (and funny to watch) high energy basketball game December 11 at the facility. Fans brought non-perishable food items to be donated to our friends at the Arkansas Foodbank.



Not only did the evening bring out some hidden talent but it also made for some great competition.

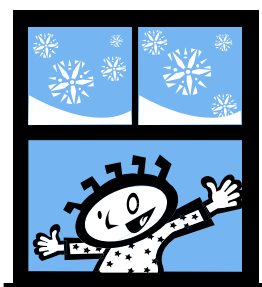
A halftime show of amazing gymnastic skills followed by a holiday potluck for everyone made this 2nd annual event a great event. Thanks to all who came out to watch, support and play! The night ended with a win for the Shorty Shorts and 187 items of food for the foodbank!



## Music at MacArthur



The MacArthur Museum of Arkansas Military History was filled with beautiful holiday sounds at the 6th Annual Holiday Music at the Arsenal concert. Students of Margaret Wyatt Vocal and Piano Studios performed to a crowd of about 60 on the Sunday before Christmas. The group has members ages 5 to 55!



## MARK YOUR CALENDARS!

January 20

Free "Movies at MacArthur" 6:30-8:30 pm

"4-4-43" (a documentary) Called the "Greatest Story of the War in the Pacific"

January 30

2nd Annual Indoor Triathlon @ Jim Dailey Fitness & Aquatic Center

Who wants a  
snow day?!



## HAPPY JANUARY BIRTHDAY TO THESE LITTLE ROCK PARKS & RECREATION STAFF MEMBERS!

Director Truman Tolefree—2nd

Jackie Collins—2nd

George Earls—6th

Ray Kimbrough—6th

Baron Abdo—7th

Shawanda Robinson—9th

Keith King—14th

Brionna Slade—15th

Sedric Mayfield—19th

Max Hilgendorf—21st

Ogugua Uchendu—23rd

Rachel Miller—23rd

Susie Matheny—26th

Mike Garrity—26th



### Register your children NOW for Spring Sports!

SOCCER, SOFTBALL, TEEBALL, BASEBALL, TRACK & FIELD registration is OPEN!!

[www.lrpr.org](http://www.lrpr.org)

or register at Dunbar, Southwest or Stephens Community Center

### CONTACT US...We love to hear from you!



[www.lrpr.org](http://www.lrpr.org)

Facebook: Little Rock Parks & Recreation

Twitter: [lrparksrec](https://twitter.com/lrparksrec)



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